

Safeguarding Newsletter

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WELCOME

I hope the resources in this newsletter will provide some useful support.

If you'd like to discuss anything you read here or any other safeguarding issue you can contact me here [Tapton School](#)

Kath Tabani

WINTER WELLBEING

Top winter wellbeing tips from [Mental Health UK](#):

- Set a budget and stick to it – to avoid overspending and ending up in debt.
- Log off, wrap up and get outside – Being in nature and taking notice of surroundings can do wonders for mental health at a time when it feels easier to be indoors.
- It's OK not to feel OK – but if you want someone to talk to join [Cllic](#) an online community set up by Mental Health UK
- Prioritise your wellbeing – make sure you only do things you want to do.

You might find these links helpful

[Sheffield Domestic Abuse Sheffield Rape and Sexual Abuse Centre \(SRASAC\)](#)

[CALM](#) Campaign Against Living Miserably

[The Samaritans](#)

[KOOOTH](#) online mental wellbeing community for young people

[Talk To Frank](#) Honest information about drink and drugs

[National debt line](#) free and independent debt advice

[Papyrus](#) Prevention of Young Suicide

COUNTY LINES

County lines gangs move drugs from large urban areas into other places elsewhere in the country to expand their reach. Detective Inspector Andrew Shields, from South Yorkshire Police, [said](#): “Our work to disrupt county lines activity is far from over. We have dedicated teams that will continue to work every day to make South Yorkshire safer for everyone and this includes working with other forces to disrupt county lines drug supply.”



Cuckooing

Cuckooing is a practice where people take over a person's home and use the property to facilitate exploitation. It takes the name from cuckoos who take over the nests of other birds.

There are different types of cuckooing:

- Using the property to deal, store or take drugs
- Using the property to sex work
- Taking over the property as a place for them to live
- Taking over the property to financially abuse the tenant
- The most common form of cuckooing is where drug dealers take over a person's home and use it to store or distribute drugs.

[Cuckooing Information](#)

DID YOU KNOW?

Doxing (sometimes written as Doxxing)

originates from a spelling alteration of the abbreviation “docs” (for “documents”) and refers to “compiling and releasing a dossier of personal information on someone” Doxing is the act of revealing identifying information about someone online, such as their real name, home address, workplace, phone, financial, and other personal information. That information is then circulated to the public without the victim’s permission. Actions such as posting humiliating photoshopped images of people on social media platforms, creating derogatory hashtags and doxing can get cyber bullies prosecuted.

SLANG TERMS THAT PARENTS NEED TO KNOW

- **Crumpet, Ganga, Rocky, Skunk** - Marijuana or cannabis.
- **Hamstered, Fried, Loaded, Wavey, Steamed** - being drunk
- **Score** – buying drugs
- **Lowkey** -Someone secretly wants to do something and they don’t want to be obvious about it.
- **Bussin’** - Something that’s really good.
- **No cap** - Means “no lie”. Another way of saying “seriously”.
- **Shook** - A way to express that you are emotionally shaken or affected by something.
- **Tea** Another word for gossip. If someone “spills the tea” that means they are spreading gossip. If someone “sips the tea” that means they are listening to gossip.
- **Shade** - To publicly denounce or disrespect someone.
- **Sus** - Abbreviated from “suspicious” - it means you do not believe something.
- **Highkey** - Someone wants to do something and they want the attention.
- **Flex** - To brag about something that is good.
- **Gassed** - Being overwhelmed and excited.
- **Hits Different** – feels special and is great/better

LEGAL HIGHS?

PSYCHOACTIVE SUBSTANCES

Also known as 'il-legal highs'

You don't know what you are taking!

- These substances are **not safe**
- You **can't trust** the label
- A pinch could be **too much**
- Get the **facts**

These substances are now illegal

Need more information?

For young people, you can get further information and support from The Corner **0114 2752051**

For adult services please contact START on: **0114 272 1481**.



Legal Highs (Psychoactive Substances) are substances used like drugs, offering the similar highs as cocaine and cannabis. Although marketed as legal, these substances are neither legal nor safe, and can carry serious health risks.

They can carry serious health risks. The chemicals they contain have in most cases never been used in drugs for human consumption before, so haven't been tested to show that they are safe. Users can never be certain what they are taking and what the effects might be.

As with alcohol and other recreational drugs, users can suffer from reduced inhibitions, drowsiness, excited or paranoid states, coma, seizures and, in a few cases, death.

The Psychoactive Substances Act provides a blanket ban on the production, supply and importation of these types of drugs giving officers and Trading Standards new powers to prevent harm. Anyone caught breaking the new law could face up to seven years in prison.

[South Yorkshire Police](#)